

NEWS

From the Office of

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Mitzelfelt Awards Top Schools in Fitness Challenge

APPLE VALLEY – San Bernardino County First District Supervisor Brad Mitzelfelt yesterday announced the top five First District schools in the Governor's Fitness Challenge. Supervisor Mitzelfelt joined Governor Arnold Schwarzenegger earlier this year in encouraging local students to improve their health and physical fitness through participation in a statewide fitness challenge. Schools with the highest rates of students completing the challenge will now receive grants to be used for the purchase of sports equipment.

"Supporting the quality of life of our residents is a top priority for me," said Supervisor Mitzelfelt. "Health and physical fitness, coupled with recreational amenities, are key components to quality of life. Children involved in regular physical activity build healthier bones and muscles and reduce their risk of diseases such as diabetes and obesity. In addition, physical activity and fitness have been shown to be highly correlated with academic success."

The Governor's Challenge was a competition among California schools, with the goal of establishing early habits of physical activity in California's youngest citizens. To successfully complete the Governor's Challenge, students had to be active 30-60 minutes per day at least three days per week for a four week period in addition to the physical activity they engage in as part of their school's regularly scheduled physical education classes. Schools with the highest percentage of students who complete the Governor's Challenge were named regional award winners and each will receive \$1,000. The Governor's Challenge ended May 31.

In addition to grants through the Governor's program, Supervisor Mitzelfelt proposed expanding the challenge program locally by awarding the top five participating schools in the First District with funds to be used to purchase physical activity equipment. Awards totaling \$12,000 are being distributed as follows:

- \$5,000 to the First District school with the highest percentage of students who completed the Governor's Challenge, which was the Academy for Academic Excellence in Apple Valley
- \$3,000 to the district school with the next highest percentage, which was Mesquite Trails Elementary School in Hesperia
- \$2,000 to the third ranked school, which was Thompson Elementary School in Barstow
- \$1,000 each to the fourth and fifth ranked district schools, which were Pinon Hills Elementary School in fourth place and Riverview Middle School in Helendale in fifth place

Results of the Challenge not only showed that the Academy for Academic Excellence in Apple Valley had the highest participation rate in the First District, with nearly 53 percent of students completing the challenge, but also showed that the school placed third in the region, which includes all schools in San Bernardino, Riverside and Inyo Counties.